

Annapolis Senior Center

1027 Bay Ridge Avenue
Annapolis, MD 21403
(Eastport Shopping Center)

Phone: 410-222-1818 Fax: 410-222-1216
Monday—Friday 8:00 a.m. to 4:30 p.m.

ANNE ARUNDEL COUNTY DEPARTMENT OF AGING



From The Director, Ed Casey

April 2005



PROGRESS, PROGRESS, PROGRESS!

Did I mention progress?!! As I type this message progress continues to be made on our future home at the Wiley H. Bates complex. That's right, **construction is under way!** Please see Page 7 under "Future Events" for information on a "Progress Report" presentation in May.

STATE POLICE WARNING.....BE AWARE OF CAR JACKERS NEW SCHEME!

You walk across the parking lot, unlock your car, and get inside. Then you lock all your doors, start the engine and shift into REVERSE. You look in the rear view mirror to back out of your parking space and you notice a piece of paper stuck to the middle of the rear window. So, you shift into PARK, unlock your door and jump out of the car to remove that paper (or whatever it is) that is obstructing your view.....When you reach the back of your car, that is when the car jackers appear out of nowhere, jump into your car and take off! **PLEASE BE AWARE OF THIS NEW SCHEME THAT IS NOW BEING USED!** Just drive away and remove the paper that is stuck to the rear window later. Pass this information on to family and friends.

SUGGESTION BOX: Do you have a good idea? Do you have a suggestion on a class or activity that you would like offered, especially once we move to Bates? Do you want to praise us for a job well done, or do you have a complaint to address? If so, please use the Suggestion Box on the display case, or tell Ed, Jo or Robyn in person. We want to hear from you!

JOIN OUR E-MAIL LIST: Join the list to get advance notice of special events, reminders and more! Please send an e-mail to annapoliscenter@aacounty.org. In the subject line please indicate **SUBSCRIBE Annapolis E-mail list**.

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Web Site: www.aacounty.org/aging					

Daily Schedule - April 2005

Friday, April 1

8:30 Aerobics
(make up class)
10:00 Keep Your Mind Alert
(make up class)
12:00 Lunch
1:00 Art: Watercolor
(make up class)

Monday, April 4

10:00 Ceramics
(make up class)
10:00 Beginning French
(make up class)
12:00 Lunch
12:30 Ceramics
(make up class)
12:30 Opera Appreciation
(make up class)

Tuesday, April 5

9:30 Computer -Advanced...SC
10:30 Family Fitness Challenge
presented by the A.A. County
Health Dept. Details on Pg. 4!
12:00 Lunch
1:00 Knitting
1:00 Cards & Games

SPRING

Wednesday, April 6

9:30-12:00 Blood Pressure
& Glucose Monitoring
10:00 'Medieval Times Dinner &
Tournament'. Details on Pg. 4!
12:00 Lunch
12:45 Open Bridge
10:00 Cards & Games

Thursday, April 7

10:30 Bingo
12:00 Lunch
12:30 Holiday Bazaar Workshop
See details on Page 4!
1:00 Cards & Games
1:00 Duplicate Bridge

Friday, April 8

10:00 Cards & Games
11:15 Talent Show at South
County Center. Details on Pg. 4!
12:00 Lunch
1:00 Art: Watercolor
(make up class)

Monday, April 11

8:30 Aerobics
10:00 Ceramics
10:00 Beginning French
12:00 Lunch
12:30 Birthday Celebration
12:30 Ceramics
12:30 Opera Appreciation

Tuesday, April 12

8:00 Pilates....UMC
8:45 Aerobics.... UMC
9:30 Weight Training....UMC
9:30 Computer- Advanced....SC
10:00 Asian Mythology
10:15 Tai Chi.....UMC
(note time for today)
10:30 Adaptive P.E. w/Rita
12:00 Lunch
1:00 Knitting
2:30 History: U. S. A. History

Wednesday, April 13

8:30 Aerobics
10:00 Keep Your Mind Alert
10:00 SHOPPING: WALMART
Lunch at Shopping Center
SIGN UP REQUIRED by 4/6.
11:00 Hawaii Pre-Trip Meeting
See Page 4 for details!
12:00 Lunch
12:15 Spanish - Beginning
12:30 Crafts
12:45 Open Bridge
1:30 Spanish - Intermediate

Thursday, April 14

8:00 Pilates....UMC
8:45 Aerobics.... UMC
9:15 Adaptive P.E. w/Bonnie
9:30 Weight Training....UMC
9:30 Painting & Drawing
10:30 TENNIS DAY 55+
See Page 8 for details!

10:30 Bingo
10:30 Tai Chi.....UMC
12:00 Lunch
1:00 Duplicate Bridge

Legend

UMC - Eastport United
Methodist Church
SC - Stanton Center
AC - Annapolis Center

MEMBER ??

MEMBER ??

Have you renewed your Center Membership??

If not, **please do so as soon as possible. Membership is required to participate in Center activities.** It is very important to update your information and keep it current. We ask that you take the time to do this. Our current membership year began on October 1, 2004 and runs through September 30, 2005.

The 2004 - 2005 membership cards are salmon.

Annapolis Senior Center

Daily Schedule - April 2005

Friday, April 15

8:30 Aerobics

10:00 Walking Club:
Annapolis Mall.

SIGN UP REQUIRED BY 4/8.

10:00 Russian Literature - III

12:00 Lunch

1:00 Art: Watercolor

Monday, April 18

8:30 Aerobics

10:00 Ceramics

10:00 Beginning French

12:00 Lunch

12:30 Ceramics

12:30 Opera Appreciation

Tuesday, April 19

8:00 Pilates....UMC

8:45 Aerobics....UMC

9:30 Weight Training....UMC

9:30 Computer -Advanced....SC

9:30 'Mini Massage'

See Page 4 for details!

10:00 Asian Mythology

10:30 Tai Chi.....UMC

10:30 Adaptive P.E. w/Rita

12:00 Lunch

1:00 Knitting

2:30 History: U. S. A. History

BULLETIN.....

**Please take the
time to check the
DAILY SCHEDULE
& the BULLETIN
BOARD for the
dates and times
of the MAKE UP
CLASSES!**

Annapolis Senior Center



Wednesday, April 20

8:30 Aerobics

9:30-12:00 Blood Pressure
& Glucose Monitoring

10:00 Keep Your Mind Alert

12:00 Lunch

12:15 Spanish - Beginning

12:30 Crafts

12:45 Open Bridge

1:30 Spanish - Intermediate

Thursday, April 21

8:00 Pilates....UMC

8:45 Aerobics....UMC

9:15 Adaptive P.E. w/Bonnie

9:30 Weight Training....UMC

9:30 Painting & Drawing

10:30 Tai Chi.....UMC

10:30 Bingo

12:00 Lunch

**12:30 Holiday Bazaar Work-
shop. See details on Page 4!**

12:45 Advisory Council Meeting

1:00 Duplicate Bridge

Friday, April 22

8:30 Aerobics

10:00 Keep Your Mind Alert

10:00 Russian Literature - III

12:00 Lunch

1:00 Art: Watercolor

2:30 Long Term Care

Presentation.....See Page 6!

Monday, April 25

8:30 Aerobics

10:00 Ceramics

10:00 Beginning French

Food for Thought.....

**A successful man is one
who can build a firm
foundation with the
bricks that others
throw at him.**

.....David Brinkley

Monday, April 25.....continued

12:00 Lunch

12:30 Ceramics

12:30 Opera Appreciation

Tuesday, April 26

8:00 Pilates....UMC

8:45 Aerobics....UMC

9:30 Weight Training....UMC

9:30 Computer -Advanced.....SC

10:00 Asian Mythology

10:30 Tai Chi.....UMC

10:30 Adaptive P.E. w/Rita

12:00 Lunch

1:00 Knitting

2:30 History: U. S. A. History

Wednesday, April 27

8:30 Aerobics

10:00 Keep Your Mind Alert

12:00 Lunch

12:15 Spanish - Beginning

12:30 Crafts

12:45 Open Bridge

1:30 Spanish - Intermediate

Thursday, April 28

8:00 Pilates....UMC

8:45 Aerobics....UMC

9:15 Adaptive P.E. w/Bonnie

9:30 Weight Training....UMC

9:30 Painting & Drawing

10:30 Tai Chi.....UMC

10:30 Bingo

12:00 Lunch

1:00 Duplicate Bridge

Friday, April 29

8:30 Aerobics

10:00 Walking Club:
Annapolis Mall.

Lunch at the Mall.

**SIGN UP RE-
QUIRED BY 4/22**

10:00 Russian Literature - III

12:00 Lunch

1:00 Art: Watercolor



Program Highlights - April 2005

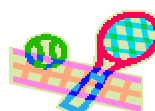
TRIPS 2005

Check the Back Page for some of the great trips we are offering!

VITA: THE TAX ASSISTANCE PROGRAM ENDS ON APRIL 8TH!

See Page 8 for details!

- Tuesday** **ANNE ARUNDEL COUNTY HEALTH DEPARTMENT PRESENTS.....**
April 5 **"FAMILY FITNESS CHALLENGE"**
10:30 am Two representatives from the Anne Arundel County Department of Health will be guest speakers at the Center in recognition of "National Public Health Week", April 3rd - 9th. The presentation will include information and tips on Nutrition and Fitness and Proper Prescription Drug Use for Seniors. Hand outs will be provided. There will be time for questions following the presentation.
Please sign up if you plan on attending.
- Wednesday** **MEDIEVAL TIMES DINNER & TOURNAMENT**
April 6 Lords and Ladies.....Come One, Come All for an afternoon of
10:00 am Tournament Games, Brave Knights and Excellent Fare. **See flyer on the Bulletin Board for details. Please register at the front desk.**
- Thursday** **HOLIDAY BAZAAR WORKSHOP**
April 7 & 21 Join us on the scheduled dates for this month's bazaar workshops! We welcome
12:30 pm volunteers. Bring your suggestions and ideas. Evelyn Bacon and Marie Lloyd are the instructors for the workshops.
- Friday** **TALENT SHOW at SOUTH COUNTY SENIOR CENTER**
April 8 Join us as we head down to the South County Center to see their annual talent show. You are
11:15 am in for a treat. Tickets for the show are only \$2.00! You will arrive at South County in time to enjoy lunch prior to the show. **Please register and obtain your ticket at the front desk.**
- Wednesday** **HAWAII PRE-TRIP MEETING**
April 13 All those going on the Hawaii trip are required to attend this
11:00 am 'pre-trip' meeting. Mark your calendar!
- Thursday** **TENNIS DAY 55+**
April 14 **See Page 8 for details!**
- Tuesday** **MINI MASSAGE**
April 19 Bonnie Pavlak, Certified Massage Therapist, offers you relaxation with a "Mini
9:30 am - Massage". Head, neck, back and hand massages are offered. **Senior Center**
12:00 pm **membership is required. By appointment only.**



ANNAPOLIS SENIOR CENTER		Most Classes Begin the Week of April 11th!		SPRING CLASSES	
Monday		Tuesday....continued		Friday	
Aerobics (M/W/F)	8:30 - 9:30	History: History of the U. S. A.	2:30 - 4:00	Aerobics (M/W/F)	8:30 - 9:30
Ceramics	10:00 - 12:00	Wednesday		Computer - Intern.....SC see FYI	9:30 - 11:30
French - Beginning *	10:00 - 12:00	Aerobics (M/W/F)	8:30 - 9:30	Keep Your Mind Alert *	10:00 - 11:30
Ceramics	12:30 - 2:00	Keep Your Mind Alert *	10:00 - 11:30	Russian Literature - III	10:00 - 12:00
Opera Appreciation	12:30 - 2:30	Crafts *	12:30 - 2:30	Art: Watercolor *	1:00 - 3:00
Tuesday		Spanish - Beginning	12:15 - 1:15	Digital Photography *	1:30 - 4:00
Pilates (T/Th).....UMC	8:00 - 8:45	Spanish - Intermediate	1:30 - 3:30	F.Y.I..... Beginning Computer: May 3 - June 21 Tuesdays at SC	
Aerobics (T/Th).....UMC	8:45 - 9:30	Thursday		Intermediate Computer: June 10 - July 29 (no class on July 1) Fridays at SCNote location change!	
Weight Training (T/Th)....UMC	9:30 - 10:15	Pilates (T/Th).....UMC	8:00 - 8:45	AC signifies Annapolis Center SC signifies Stanton Center UMC signifies United Methodist Church	
Computer - Beginning.....SC see FYI	9:30 - 11:30	Aerobics (T/Th).....UMC	8:45 - 9:30	Please Note,....The Classes/Activities with an * are not college classes. They are free but may require a small supply fee. Sign up is required.	
Asian Mythology	10:00 - 12:00	Weight Training (T/Th)...UMC	9:30 - 10:15	Registration for Anne Arundel Comm. College Spring classes ends on April 22. Persons 60 & over, at the commence- ment of the class, pay a \$40 registration fee only. For persons 55 to 59 there is an additional \$40 fee, per class.	
Adaptive P.E. w/Rita	10:30 - 11:30	Adaptive P.E. w/Bonnie	9:15 - 10:15		
Tai Chi (T/Th).....UMC (2nd Tuesday: 10:15 - 11:15)	10:30 - 11:30	Painting & Drawing	9:30 - 12:00		
Knitting *	1:00 - 3:00	Tai Chi (T/Th).....UMC	10:30 - 11:30		
Note: This Schedule is subject to change.					

Annapolis Senior Center

Ongoing Services

Blood Pressure/Glucose Monitoring – is offered on the **first and third Wednesday** of each month; no appointment is necessary. Donations are accepted. **Center membership is required. See Daily Schedule!**

Information & Assistance - An Information & Assistance specialist with the Department of Aging is available at the Center, **by appointment**, to assist seniors in defining needs, and locating and filing for appropriate services and programs. **See Ed or Jo to schedule an appointment.**

SHIP (Senior Health Insurance Program) -Trained volunteers are available to assist you with problems and/or concerns regarding your medical insurance. **Please call the Center for an appointment.**

Susan Knight, Director of SHIP, addresses the issue of Long Term Care Insurance **every other month, on the 4th Friday at 2:30 p.m.** Check the daily schedule for date & time. Join us for this informational presentation.

Shopping Trips – We offer a monthly shopping trip to an area shopping center. See the daily schedule for details. Commitment fee applies. We are always open to suggestions.

Walking Club - Get exercise while having fun! Two Fridays a month our Walking Club walks in Annapolis at a local mall or park. For more information please call the Center.

Mini Massage - Bonnie Pavlak, Certified Massage Therapist, is now giving **monthly** mini massages at the Center. **An appointment is necessary.** Please check the daily schedule and program highlights in the newsletter for the specific date & time.

Cards and Games are played daily at the Center. Come and join us!

APRIL Birthdays: HAPPY BIRTHDAY TO THOSE LISTED BELOW :

The Birthdays will be celebrated on Monday, April 11th at 12:30 pm....

Arlene Adams, Shirley Allen, Bette Applegate, Gene Barlar, RoseMarie Barnes, James Behrens, MaryLou Bloom, Betty Burgess, George Butler, Barbara Butt, Geraldine Collins, Henrietta Conlin, James Connell, Sr., Paul Foster, Dora Fraioli, Donald Gormley, Mary Gould, Alonzo Hubbard, Barbara Isaac, Ruth Keck, Judith Anne Keeler, Edward Keeler, Edward Kristoff, Jeanne Lahman, Helen Leitch, Frederick Light, Prudence Lombardo, Irwin Marks, Ann Pasculle, Marie Pataakis, Winnie Peters, Daryl Platt, Dorothy Rawings, Cyril Reshetiloff, Joyce Sarkady, Yvonne Saxton, Jerri Shafran, John T. Smith, Nancy M. Smith, Geraldine Snowden, Brenda Sprungle, Lillian Steinberg, Nancy Thibodeau, Jan Wheeler, William Yanovitch and Helen Young.



THE CENTER HAS A PUBLIC PC!!

We have an internet-capable PC that is available for your use. It is connected to a color printer. The computer will be available at the following times:



Monday: 2:30 - 4:15; Tuesday: 8:15 - 10:15 and 12:30 - 4:15;

Wednesday: 12:30 - 4:15; Thursday: 10:30 - 12:15; Friday: 12:30 - 4:15.

These times are subject to change.

You must check in at the front desk to use the PC. There is a 30 minute time limit if someone is waiting. If you have any questions, see Ed, Jo or Robyn.

Annapolis Senior Center

May.....*OLDER AMERICANS MONTH*.....

MAY 9TH—13TH is SENIOR CENTER WEEK!!

SAFE SLEEPING DISPLAY FOR YOUR GRANDBABY

On display at the Center from **May 2nd - 6th.**

REIKI.....We will have 2 events in May. On **May 4th at 10:00 am** there will be an Informational session - "What is This Thing Called Reiki"? The following week on **May 11th at 8:45 am**, the Center will conduct its usual Reiki Clinic. **Check below, and see the flyer on the bulletin board for further details.**

PROGRESS REPORT ON BATES: Where Are We Now? May 11th @ 1:00 pm

Virginia Thomas, CPA, Director of the Department of Aging, Trish McGarty, Director of Information Technology & Planning, Department of Aging, and Mr. Bill Gibbons, Community Development Corp. will be at the Center to inform you as to how construction is coming along. Come on out and see our future!

Please sign up if you plan on attending.



WORDS & MUSIC BY COLE PORTER Thursday, May 12th @ 1:00 pm

Come and linger over the life and times of one of America's most popular composers. Come listen and sing along with some of his most enduring songs. Dr. M. A. Cashman will be your tour guide through the musical world of Cole Porter. **Sign up is required.**

"CLARENCE DARROW"-Wheatfield Theatre Co.-Wednesday, May 18th @ 10:00 am

Wheatfield Theatre's newest one-man show stars Chuck Palenik as Clarence Darrow. More information to follow in the May newsletter.

There is no cost for the show but registration is required.

REIKI

Reduces tension & stress	Increases relaxation & energy
Promotes healing	Provides a general feeling of well being



..... **to sign up for Center events at the reception desk.**

..... **to check the Newsletter & Bulletin Board for upcoming events!**

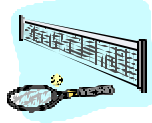
TENNIS DAY 55+

The Annapolis Senior Center, Annapolis Area Tennis School and USTA Maryland are pleased to announce "TENNIS DAY 55+" . There is no charge for this event which will be held on Thursday, April 14, 2005 from 10:30 a.m. to 12:30 p.m. at Truxton Park in Annapolis.

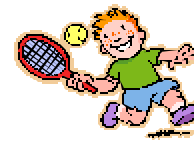


Whether or not you have played tennis before, please join us for an informative and fun morning! Racquets will be available for the event should you not have one.

Refreshments will be served and door prizes awarded.



To register, please stop by the Annapolis Center or call 410- 222-1818. Membership is required but there is no fee.



NEW CLASS.....THE MYTHOLOGY OF ASIA

Tuesdays from 10:00 a.m. to 12:00 p.m.

Explore the mysterious world of Asian mythology. This course will take you on a journey into the realm of gods and goddesses of India. You will become acquainted with the enticing ancient dieties that ruled daily life in China prior to the time of Confucius and Lao-tzu. You will meet the Hindu Gods Vishnu and Krishna, the Buddha, and discover why the ancient Chinese believed a female deity created human life. Travel into the world of Japanese myth and encounter Izanagi and Izanami, the first couple from whom all creation sprang.

Mr. Clinton Logan is the instructor.

V.I.T.A. - VOLUNTEER INCOME TAX ASSISTANCE

Our Tax Assistance Program will end on Friday, April 8th.

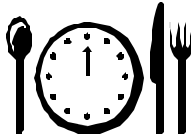
Trained tax volunteers will be available until then to assist you with "SIMPLE" 2004 Income Tax Returns. The senior center

cannot do returns involving partnerships or corporations, self-employed persons or rental properties. BY APPOINTMENT ONLY!



Annapolis Senior Center

APRIL 2005 LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Those under 60 pay the \$3.56 cost of the meal. Those 60+ please contribute as much as you can towards the meal. Reservations must be made by 10 a.m. the day before you want your meal. Please call the Nutrition Desk at 410-222-1003. Hours: 9:45am - 1:15pm.</p>				
<p>4/4 Hearty Bean Soup Beef Patty Lyonnais Potatoes Cole Slaw Sandwich Bun Purple Plum</p>	<p>4/5 Tossed Salad Spaghetti w/Meat Sauce Zucchini Dinner Roll Mandarin Oranges</p>	<p>4/6 Minestrone Baked Chicken/Gravy Mashed Sweet Potatoes Whole Wheat Roll Baked Apple</p>	<p>4/7 Tossed Salad Turkey Stew Large Biscuit Orange</p>	<p>4/1 Lentil Soup Roast Beef Mashed Potatoes Winter Blend Veggies. Vienna Bread Sliced Peaches</p> <p>4/8 Chicken Veg. Soup Egg Salad Three Bean Salad Kale Kaiser Roll Ambrosia</p>
<p>4/11 Carrot Raisin Salad Turkey/ Gravy Mashed Sweet Potatoes Lima Beans Dinner Roll Fruit Cocktail</p>	<p>4/12 Corn Chowder Tuna Salad Spinach Kaiser Roll Sliced Peaches</p>	<p>4/13 Citrus Fruit Cup Roast Beef Mashed Potatoes Green Beans Dinner Roll Strawberry Pound Cake</p>	<p>4/14 Pickled Beets Pork Chop w/Gravy Red Potatoes Peas Pumpkin Bread Mandarin Oranges</p>	<p>4/15 Pineapple Juice Cajun Pork Red Beans & Rice Whole Wheat Bread Tropical Fruit Pudding</p>
<p>4/18 Sunshine Salad Beef Stew Large Biscuit Orange</p>	<p>4/19 Gingered Cucumbers Pork Chow Mien Rice Broccoli Whole Wheat Dinner Roll Lime Gelatin w/Pears</p>	<p>4/20 Tomato Florentine Soup Seafood Salad Penne Pasta Dilled Carrots Kaiser Roll Melon</p>	<p>4/21 Broccoli Salad Meatloaf w/Gravy Mashed Potatoes Yellow Squash Dinner Roll English Trifle</p>	<p>4/22 Tossed Salad Stuffed Peppers Lima Beans Italian Bread Citrus Fruit Cup</p>
<p>4/25 Navy Bean Soup Chicken Oregano Potato Salad Tomatoes & Zucchini Whole Wheat Roll Purple Plum</p>	<p>4/26 Tossed Salad Baked Ham Au Jus Red Potatoes Steamed Cabbage Pumpkin Bread Apple</p>	<p>4/27 Sunny Slaw BBQ Pork Ribette Baked Beans Applesauce Corn Bread Brownie</p>	<p>4/28 Cole Slaw Chicken Cacciatore Mac. & Cheese Lima Beans Biscuit Mandarin Oranges</p>	<p>4/29 Pineapple Tidbits Beef Burgundy Buttered Noodles Broccoli Dinner Roll Ginger Bread</p>
<p>"Lunch is served daily with fun and friendship on the house".</p>				



Ed Casey	Center Director
Jo Morris	Assistant Director
Robyn Prehn	Receptionist
Helen Timeus	Nutrition Site Manager
Carlos Armaza	Custodial Services
Gough Gardner	Transportation Van Driver
Robert Howard	Transportation Van Driver
E-Mail Address	annapoliscenter@aacounty.org
Center Phone	410-222-1818
Fax	410-222-1216
Nutrition	410-222-1003
Dept. of Aging	410-222-4464
Transportation	410-222-4826
Meals on Wheels	410-431-5257
Corporal Joe Hatcher	410-222-0080 (Police Liaison)



TRIPS 2005

Some of the trips we are offering:

WWII MEMORIAL, Washington D.C.

Wednesday, April 27th; Cost: \$45;

PATSY CLINE TOUR, Winchester, VA

Tuesday, June 28th; Cost: \$69;

RIVER and RAILS, Harrisburg, PA

Tuesday, July 5th; Cost: \$61

"HAIRSPRAY", Kennedy Center

Thursday, July 14th; Cost \$138;



Trip Desk Days & Times.....

Monday & Friday: 10 am. - 12 pm.;

Tuesday & Wednesday: 1 pm. - 3 pm.

There are no scheduled hours on Thursdays.

Don't forget to
check the 2005
Trip Brochure!

NOTE!!

We still have spaces on our multi-day trips to Canyonlands/Las Vegas, Cape Cod, and Cape May at Christmas.

Products and services advertised in this publication are not endorsed or guaranteed by the Annapolis Senior Center, the Anne Arundel County Department of Aging, Friends of Arundel Seniors (FOAS) or FATA, Inc.